Please amend claims 18, 19, 22-36 as follows:

18. (amended) A method of manufacturing a [sports board] skateboard, comprising:

[providing] extruding an elongated metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated continuous closed cavity forming [hollow] sections generally running from the front end to the rear end of the board; and

shaping the metal board near said front end and rear end at a predetermined angle in a shape suitable for a skateboard.

19. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 18, further including annealing the metal board before shaping the metal board.

22. (amended) A method of manufacturing a [sports board] skateboard as recited in claim [21] 18, further including providing a foam filler in at least one of the one or more cavity forming sections [wherein said filler material is a member selected from the group consisting of foam, foam plastic, wood, wood composite, [compressed air,] and an inflatable bladder].

23. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 18, wherein said step of providing a metal board includes providing a metal board in less than a T-5 tempered hardness condition prior to shaping the metal board.

24. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 18, wherein said metal board is made of an aluminum material.

25. (amended) A method of manufacturing a [sports board,] skateboard, comprising:

extruding an elongated metal board made of an aluminum alloy, the elongated metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated continuous closed cavity forming [hollow] sections generally running from the front end to the rear end of the board, at least one of the cavity forming sections having a width and a height, the width being greater than the height;

shaping the elongated metal board into a shape suitable for a skateboard; and

hardening the elongated metal board by subjecting the metal board to a heat treatment process.

26. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 25, wherein the aluminum alloy is a 6000 series alloy.

27. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 25, wherein the aluminum alloy is a 6005 alloy.

28. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 25, wherein the metal board is in a T-4 tempered hardness condition before shaping the elongated metal board and is hardened by said heat treatment process to at least a T-5 hardness condition after shaping the metal board.

29. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 25, further including annealing the elongated metal board prior to shaping the metal board.

30. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 29, wherein the aluminum alloy is a 6000 series alloy.

31. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 25, wherein the aluminum alloy is a 6061 alloy.

32. (amended) A method of manufacturing a [sports board] as recited in claim 25, wherein the metal [sports board] skateboard is annealed to a T-0 tempered hardness condition.

33. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 25, wherein the metal [sports board] skateboard is hardened by the heat treatment process to at least a T-5 tempered hardness condition after shaping the metal [sports board] skateboard.

34. (amended) A method of manufacturing a [sports board] skateboard, comprising:

[providing] extruding an elongated aluminum metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated continuous closed cavity forming sections generally running from the front end to the rear end of the board;

annealing the elongated metal board; and

shaping the elongated metal board into a form suitable for a skateboard[; and

hardening the elongated metal board].

35. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 34, wherein annealing includes annealing to less than a T-5 hardness condition.

36. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 34, [wherein] further including hardening [includes hardening] the metal board to at least a T-5 hardness condition.

Please add the following new claims 37-38:

37. (New) A method of manufacturing a skateboard, comprising:

extruding an elongated aluminum metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated sections;

shaping the metal board near said front end and rear ends into a predetermined shape; and

heat treating the metal board to reduce stresses formed in the metal board.

38. (New) The method of claim 37, wherein shaping includes shaping the aluminum metal board near said front end and rear end at a predetermined angle.